



Norton Valley Hope staff members put finishing touches on the pink dragon in the new Children's Center in the visiting area at the treatment center. They are left to right: Ray

Colligan, Priscilla Merriman, LPN, Megan O'Connor and Cheryl Diederich.

— Telegram photo by Carolyn Plotts

Valley Hope sparks children's imaginations

By CAROLYN PLOTTS

A child's imagination can be sparked by the design of their play room.

And, an imaginative play space is what visiting children will find when they enter the new Children's Center at Valley Hope Alcohol and Drug Treatment Center in Norton. During family visits, there are often several children at the facility. Before the center was opened, there was no special place for them.

The staff wanted a place where children could go to play, build, color and simply "be a kid". Formerly a television room, the space was divided with one half designated as a counselor's office and

the other half converted into the play area.

Led by Tiffney Yeager, staff and former patients painted whimsical scenes on the walls incorporating a castle, a rainbow and a giant, pink dragon.

Now, the center needs some play equipment like a desk or a tiny table with chairs, a play kitchen, games, Legos, puzzles or coloring books and crayons. These are things that help children escape to their own comfort zone while visiting the treatment center.

If you would like to donate items to the playroom, please call Laurie Cliff, Business Manager at Valley Hope, at 877-5101.

New director comes to center

Valley Hope Alcohol and Drug Treatment Center, Norton, has a new Program Director.

Carla Moore comes to Valley Hope from Cushing, Okla., where she had been the Assistant Program Director. She has been in Norton for about six weeks. Ms. Moore has a Master's degree in Counseling and Student Personnel from Okla-

homa State University.

She is a big fan of ice hockey and is looking forward to supporting the Tri-City Storm. She also enjoys riding her 1976 Harley Davidson Sportster and driving her '03 VW Beetle convertible.

Ms. Moore has a daughter, Amber, who lives in Stillwater, Okla., and a three-month old grandson, Darton.



Carla Moore

SCHOOL CALENDAR

NORTON Senior High:

Monday — Kay Board, a.p.; Scholar's Bowl at Colby, 4 p.m.; Cheer and Dance Practice, 8 p.m.
Tuesday — Jay Singers, 7:30 a.m.; Cheerleader Meeting, a.p.; KAYS: Hanging of the Greens, 4 p.m.

Wednesday — KMO in the Library, 12:40 p.m.; Library closed due to KMO; Cheerleader Meeting, a.p.; Artist of the Month Selection, a.p.; Mid-Continent League Meeting in Plainville, 10 a.m.; High School Math Committee Meeting, 3:45 p.m.; Basketball and Cheer Photos, 3:30 p.m.

Thursday — Jay Singers, 7:30 a.m.; KAYS, a.p.; High School Reading/Writing Committee Meeting, 3:30 p.m.; Basketball at Goodland, Girls-5 p.m., Boys-9:00 p.m.

Friday — Jazz Band, a.p.; Junior Varsity Wrestling at Southern Valley, 3:30 p.m.; Dance Team and Cheerleaders perform at Goodland

Saturday — KMEA at Hays, TBA; ACT Test Date; Wrestling at Clay Center, 9 a.m.; Basketball at Goodland, Game Time TBA
Sunday — Football Banquet, NCHS Cafeteria, 5:30 p.m.

Next Tuesday — Jay Singers, 7:30 a.m.; Cheer Meeting, a.p.; Vocal Concert at East Campus, 7:30 p.m.

Next Wednesday — Fall Awards Assembly, a.p.

Junior High:
December 3-9: KAY Leadership Week
Monday — Stuco, a.p.
Tuesday — KAY Board, a.p.; Band Concert, Junior High Gym, 7:30 p.m.

Wednesday — Team Meeting, 7:30 a.m.; KMO in the Library, 8:30 a.m.; Library closed due to KMO; Mid-Continent League Meeting in Plainville, 10 a.m.; High School Math Committee Meeting, 3:45 p.m.

Thursday — Basketball vs Ellis (H), 5:30 p.m.
Saturday — Basketball Round

Robin at Smith Center, 9 a.m.
Next Monday — Hanging of the Greens, 6 p.m.; Vocal Concert at East Campus, 7:30 p.m.

Wednesday — Faculty Meeting, 7:45 a.m.

Eisenhower:
Thursday — Sixth Grade Band Concert, 1:40 p.m.; Early Childhood-Second Grade Level Meeting, 3:30 p.m.

Friday — Fifth Grade Band Concert, 1:40 p.m.

Tuesday — A.R. Meeting, 3:40 p.m.

Wednesday — Faculty Meeting, 3:40 p.m.

Thursday — IEP Day; Third and Fourth Grade Level Meeting, 3:40 p.m.

Wednesday — Team Meeting, 3:40 p.m.

All Schools:
Tuesday — Admin. Team Meeting, 9:30 a.m.
Wednesday — School Finance Task Force Meeting, Topeka, 10 a.m.

Next Monday — Board of Edu-

cation Meeting, 7:30 p.m.
Next Tuesday — Curriculum Council, 7:30 a.m.

Eisenhower Menus:
Monday — Breakfast: Monkey bread, grape juice, milk; Lunch: Spaghetti, tossed salad, peaches, garlic bread, milk

Tuesday — Breakfast: Sausage gravy, biscuit, orange juice, milk; Lunch: corn dog, tater tots, baby carrots, fruit cocktail, cookie, milk

Wednesday — Breakfast: Banana bread, peaches, milk; Lunch: scalloped chicken, corn, pears, celery stick, dinner roll, milk

Thursday — Breakfast: Sausage patty with biscuit, apple juice, milk; Lunch: Beef burrito, cheesy broccoli, rosy applesauce, blonde brownies, milk

Friday — Breakfast: Hot French toast, pears, milk; Lunch: Beef and noodles, whipped potatoes, green beans, mandarin oranges, cheese rolls, milk

High School Menus:
Monday — Breakfast: Breakfast casserole with sausage, fruit or juice or cereal, toast, milk; Lunch: Hamburger sandwich, lettuce, tomato, cheese, pickles, potato chips, peaches or chef salad, milk

Tuesday — Breakfast: Waffles with syrup, bacon, fruit or juice or cereal, toast, milk; Lunch: Steak fingers, whipped potatoes with country gravy, carrots, hot roll, pineapple chunks or chef salad, milk

Wednesday — Breakfast:

Granola snack bar, fruit or juice or cereal, toast, milk; Lunch: Grilled chicken sandwich, lettuce and tomato slice, peas, brownies or chef salad, milk

Thursday — Breakfast: Breakfast burrito, potato puffs, fruit or juice or cereal, toast, milk; Lunch: Cheddar chowder and crackers, carrots and celery, hot roll, fruit salad, cookie, or chef salad, milk

Friday — Breakfast: Fruit basket upset, fruit or juice or cereal, toast, milk; Lunch: Beef nachos, relishes with dip, lime Jello-O with pears, hot roll, fruit cocktail, or chef salad, milk

NORTHERN VALLEY
Sunday — Community Choir rehearsal in the music room at Alma, 2:30 p.m.

Monday — KAY Citizenship Week December 4-8; High School Dance Team Practice; Jr. High Service Club Secret Sister Week, December 4-8

Tuesday — High School Cheerleading Christmas Party; American Red Cross Blood Drive in the Conference Room at Alma, 9 a.m.-4 p.m.; N.V.E.A. Christmas Party in Alma, 6:30 p.m.; School Insurance Meeting following the Christmas Party, 8:15 p.m.

Wednesday — NVEA Secret Pal Cookie Exchange in the FACS Room, 4 p.m.

Thursday — High School Dance Team Practice; Title/Professional Network Meeting at

Salina, 9 a.m.-2 p.m.; Junior High

Basketball at Damar, 4:30 p.m.
Friday — Jr. High Service Club Christmas Party, 2:15 p.m.; High School Basketball at Hill City, 5 p.m.

Saturday — KMEA NW District Mini Convention II at Fort Hays State University; Elementary Choir Concert at 12:30 p.m.; High School Choir and Band Concert at 4 p.m.

Northern Valley Menus:
Monday — Breakfast: Donuts, ham slice, diced pears, cereal assortment; Lunch: Spaghetti/meat sauce, tossed salad with dressing, whole wheat French bread, peas, pears

Tuesday — Breakfast: Pancake on a stick, grape juice, cereal; Lunch: Hot turkey sandwich, mashed potatoes/gravy, broccoli, fruity Jell-O

Wednesday — Breakfast: Monkey bread, ham slice, peach half, cereal; Lunch: Enchiladas, tossed salad with dressing, carrots, butterscotch pudding

Thursday — Breakfast: Cheese biscuit with sausage, orange slices, cereal; Lunch: Chicken fried steak, mashed potatoes/gravy, whole wheat roll, California blend vegetables, peach crisp

Friday — Breakfast: Banana muffin, sausage link, apple juice, cereal assortment; Lunch: Monterey jack sandwich, French fries, pork-n-beans, spice cake

AT THE SENIOR CENTER:

Dec. 4 — Polish Sausage w/ Kraut, Mashed Potatoes, Plums, Bread, Choice Complement. **Dec. 5** — Liver & Onions in Gravy, Buttered Potatoes, Peas, Bread, Rosy Pears. **Dec. 6** — Ham, Sweet Potatoes, Coleslaw, Roll, Fruit Cup #1. **Dec. 7** — Chicken Dressing Casserole, Mashed Potatoes/Gravy, Jello w/-Carrots & Pineapple, Bread, Cranberry Sauce. **Dec. 8** — Hamburger Stew, Cinnamon Apple Slices, Biscuits, Pudding.

Dec. 11 — Swedish Meat Balls, Spinach Salad, Peaches, Noodles, Cook's Choice Complement. **Dec. 12** — Salisbury Steak, Spanish Green Beans, Orange Pineapple

Salad, Bread, Brownie. **Dec. 13** — Chicken Leg Quarters, Mashed Potatoes/Gravy, Mixed Vegas, Bread, Cherry Crisp. **Dec. 14** — Lasagna, Mexicali Corn, Peas & Carrots, Bread Sticks, 4 Fruit Compote. **Dec. 15** — Roast Pork, Broccoli Salad, Apple Sassy Sweet Potatoes, Bread, Pineapple Upside Down Cake.

Dec. 18 — Hamburger Patty, Gold Rush Casserole, Seasoned Carrots, Bun, Choice Fruit. **Dec. 19** — Chicken Noodle Soup, Cottage Cheese Salad, Apricots, Bread/Crackers, Cookie. **Dec. 20** — Meat Loaf, Italian Blend Veggies,

Baked Potato, Bread, Mixed Fruit w/Banana. **Dec. 21** — Turkey, Mashed Potatoes/Gravy, Cranberry Apple Salad, Dressing, Cake. **Dec. 22** — Sausage Gravy, Corn, Mandarin Oranges, Biscuits, Pudding.

Dec. 25-26 — Closed. **Dec. 27** — Baked Fish, Broccoli Casserole w/Rice, Seasoned Carrots, Bread, Applesauce. **Dec. 28** — Chicken Leg Quarters, Mashed Potatoes/Gravy, Green Beans, Bread, Peaches. **Dec. 29** — Chili w/ Beans, Jello w/Mandarin Oranges & Pineapple, Crackers, Cinnamon Rolls.

Buy Holiday Goodies at the **Cookie and Candy Walk**

Wed., December 6
10:00 a.m.-3:00 p.m.
H & R Block Office
103 S. State, Norton
(Across from the Chamber of Commerce Office)

Also Cinnamon Rolls and Coffee for Your Coffee Break

SPONSORED BY: UNITED METHODIST WOMEN

THE COLBY TUMBLEWEED CHORUS AND THE MCCOOK PRAIRIE STATESMEN

Invite You To A **Barbershop Celebration**
Sunday, December 3 - 3 p.m.
Norton East Campus Auditorium
Corner of State (Hwy. 283) and Woodfield (2 Blocks South of Stoplight)
Adults-\$5.00; Students-\$2.00; 12 and Under-\$1.00; Reciprocity-\$2.00

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NORTON COUNTY ARTS COUNCIL, INC.



THE NORTON TELEGRAM
and the Norton Area Chamber of Commerce welcome

Fit to Go
to the business community

Fit To Go is a membership fitness gym owned by Gloria Zwickle. The facility's address is 411 East Holme, Norton, KS and it is open from 6 a.m. to 7 p.m., Monday through Thursday; 6 a.m. to 5:30 p.m. Friday; 8 a.m. to 11 a.m. Saturday and closed Sunday.